35) The orthopedic fastening system of claim 34, wherein the elongate fastener comprises a threaded shaft and the collet is threaded internally.

36) The orthopedic fastening system of claim 34, wherein the elongate fastener comprises stranded material and the collet comprises strand-engaging means.

37) The orthopedic fastening system of claim 36, wherein the stranded material is suture material and the collet is a suture clamping collet.

38) The orthopedic fastening system of claim 37, wherein the single winged element comprises engaging means for a stranded installation tool.

39) The orthopedic fastening system of claim 34, wherein elongate fastener comprises a first friction fitting and the collet comprises a mating second friction fitting.

40) The orthopedic fastening system of claim 34, wherein the single winged element is pivotally engaged with the elongate fastener.

41) The orthopedic fastening system of claim 40, wherein the single winged element is integral with the first end of the elongate fastener and is pivotally engaged with the elongate fastener by way of a living hinge.

42) The orthopedic fastening system of claim 41, wherein the single winged element is deployed, after insertion through a bore in a bone in a first direction, by pulling the fastening system in an opposite direction.

43) The orthopedic fastening system of claim 40, wherein the single winged element is pivotally engaged with the elongate fastener by way of a hinge.

44) The orthopedic fastening system of claim 43, wherein the single winged element is deployed, after insertion through a bore in a bone in a first direction, by means of a deployment tool.

45) The orthopedic fastening system of claim 44, wherein the deployment tool is also an installation tool for the elongate fastener.

46) The orthopedic fastening system of claim 34 further comprising a washer having tissue engaging means, being engaged with the elongate fastener, and being adapted to retain a soft biological tissue when the orthopedic fastening system is installed.

47) The orthopedic fastening system of any one of claims 34, 35, 36, 39, 40, 43 and 46, wherein the collet is a longitudinally split collet that is slidable longitudinally along

the elongate member when the split collet is expanded and is not slidable longitudinally along, but may be slidable transversely with respect to, the elongate member when the split collet is collapsed about the elongate member.

48) The orthopedic fastening system of claim 47 further comprising a sleeve adapted to receive and collapse the split collet.

49) The orthopedic fastening system of claim 48, wherein the sleeve can receive the split collet in a first expanded position and in a second collapsed position.

50) The orthopedic fastening system of claim 47, wherein the split collet comprises plural attached longitudinal segments.

51) The orthopedic fastening system of claim 47, wherein the split collet comprises plural detached longitudinal segments.

52) An elongate fastener comprising:

a) an elongate member having opposing first and second ends;

b) a single wing pivotally engaged with the elongate member at a position approximating the lengthwise center of the wing; and

c) collet engaging means.

53) The elongate fastener of claim 52, wherein:

a) the elongate member comprises a shaft; and

b) the collet engaging means comprises threads, rib, groove, or a friction fitting.

54) The elongate fastener of claim 53, wherein the elongate member is a threaded shaft.

55) The elongate fastener of claim 54, wherein the threaded shaft has a distal unthreaded end opposite the end engaged with the single wing.

56) The elongate fastener of claim 53, wherein the elongate member is a transversely ribbed or grooved shaft.

57) The elongate fastener of claim 52, wherein:

a) the elongate member is a stranded material; and

b) the collet engaging means is a portion of the stranded material.

58) The elongate fastener of claim 52, wherein the single wing is pivotally engaged with the elongate member by way of a living hinge, one or more holes in the single wing, or a pin hinge.

59) The elongate fastener of claim 52, wherein the single wing is integrally connected with one end of the elongate member by way of a living hinge.

60) The elongate fastener of claim 52, wherein the elongate member is adapted to receive a washer having tissue engaging means.

61) The elongate fastener of claim 60, wherein the tissue engaging means comprises plural spikes.

62) The elongate fastener of claim 52, wherein the single wing has a length exceeding the diameter of the elongate member.

63) The elongate fastener of claim 62, wherein the single wing has a length larger than its width.

64) The elongate fastener of claim 62, wherein the single wing has beveled ends.

65) A split collet assembly comprising:

a) a split collet comprising plural longitudinal sections, a circumferential first outer surface, and a first bore surface defining a first inner bore extending through the collet, wherein the collet can assume a first expanded position and a second collapsed position, and the first bore surface defines a larger diameter first inner bore when the collet is expanded and a smaller diameter first inner bore when the collet is collapsed;

b) a sleeve comprising a second outer surface and a second bore surface defining a second inner bore extending through the sleeve, wherein the sleeve is adapted to circumferentially engage the collet and compress the longitudinal sections of the collet to form the collapsed position;

c) first engaging means disposed on the first outer surface of the collet; and

d) second engaging means disposed on the second bore surface of the sleeve; wherein the first and second engaging means cooperate to maintain the sleeve together with the collet when the two are engaged.

66) The split collet assembly of claim 65, wherein the longitudinal sections are adjacent but detached from one another.

67) The split collet assembly of claim 65, wherein the longitudinal sections are attached to one another.

68) The split collet assembly of claim 67, wherein the longitudinal sections are attached to one another by way of a living hinge.

69) The split collet assembly of claim 66 or 67, wherein:

a) the first engaging means comprises a rib or groove; and

b) the second engaging means comprises a mating groove or rib, respectively.

70) The split collet assembly of claim 66 or 67, wherein:

a) the first engaging means comprises a frictional first surface; and

b) the second engaging means comprises a frictional second surface.

71) The split collet assembly of claim 66 or 67, wherein the sleeve comprises:

a) a larger diameter first end adapted to receive the collet in the expanded position; and

b) a smaller diameter second end adapted to maintain the collet in the collapsed position once the collet is engaged with the second end.

72) The split collet assembly of claim 71, wherein the second inner bore of the sleeve comprises:

a) a larger diameter first portion with a diameter approximating or larger than the outer diameter of the collet when expanded;

b) an intermediate diameter second portion with a diameter approximating the diameter of the collet when collapsed; and

c) a smaller diameter third portion with a diameter smaller than the intermediate diameter.

73) The split collet assembly of claim 72, wherein the second bore surface defining the portion of the second inner bore between the larger diameter first portion and the intermediate diameter second portion is graded.

74) The split collet assembly of claim 71, wherein:

a) the larger diameter first end alone engages and retains the collet while in the expanded position; and

b) the smaller diameter second end engages and collapses the collet when the collet is slid into the sleeve and engaged with the second end.